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Calgary metro



Parenting can be a royal pain for the Royals, too



metroNEWS

Your essential daily news | TUESDAY, NOVEMBER 22, 2016

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Thirty years ago, Calgarians paid to inscribe their names on the building blocks of the Olympic Plaza. Now, the city says they can't be saved.

BROKEN HEARTS, SHATTERED BRICKS



metroNEWS

Fortune saved in downturn

CITY INFRASTRUCTURE

Construction bids coming in far lower than was expected



Brodie Thomas
Metro | Calgary

Calgary's administration keeps digging in the city's couch cushions and coming up with more funds — in this case to the tune of millions.

On Monday, in the midst of budget deliberations, Mayor Naheed Nenshi hinted that the downturn has led to a new pool of capital dollars for building projects.

"What we've been doing over the course of the last two years or so is really rethinking how we do capital," said Nenshi.

He noted that projects have largely come in on budget during his time as mayor.

"But what happens when they

come in under budget, and what happens when you don't spend the contingency?" he asked.

Nenshi said changes in the city's corporate culture have led to the creation of a "reasonable-sized pool of money" from those savings.

The downturn has also led to another way to save capital dollars.

When the economy was hot and labour was in short supply, the city's tenders were coming back high, and projects were often put off.

Nenshi said many construction tenders have been coming back much lower than expected, based on 2015 numbers.

"We've been able to create a reasonable pool of funds to put towards priorities of unfunded capital," said the mayor. "I don't know how much that's going to be, but it's going to be significant."

He later said the cash pool could be in the "hundred million dollar range." Nenshi said administration will report back with the amount in 2017.



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3-year-old superfan gets private show

MUSIC

Dickens Pub to let Katrina Nickel see her favourite band



Aaron Chatha
Metro | Calgary

Three-year-old Katrina Nickel is a huge fan of heavy rock band One Bad Son. Unfortunately for her, their Dec. 9 show at Dickens Pub is adults only, meaning she can't see them perform.

That is until Dickens stepped in to get Katrina her own private performance at sound check.

"It's unreal," said Katrina's father, Dan Nickel. "You don't hear or see this happen anymore — a lot of venues or bands are private and don't really go out of their way for one specific fan. Especially one that's not really their target audience."

Nickel heard about the band's upcoming Calgary performance

and asked over Twitter if he could bring his daughter, if only for her favourite song.

"We would if it wouldn't break AGLC guidelines... Liquor License regulations," the pub tweeted back. "Is it their fav band?"

He said it was, and as proof, he sent them a video of Katrina dancing and smiling to a One Bad Son song.

It convinced the organizers at Dickens to spring into action — contacting AGLC to actually scale back their liquor license, allowing Katrina to see them live.

Nickel said his daughter found her love of One Bad Son through him — he would sneak into bars as a teen to hear them play in Saskatoon, when the band was just starting out.

Katrina heard the music and fell in love, constantly requesting her favourite song in the car and at home.

"I like (One Bad Son) because I like scarecrows and I like dancing," she said.

She was elated to hear she'll actually get to meet them.

"It took some explaining at first for her to really get it — to her, they're the guys on the TV," said Nickel. "Once I kind of got it across to her, she got really excited and the rest of the night consisted of all One Bad Son music videos."

Non-three-year-old super fans can catch the band after — the show starts at 9 p.m.



“Once I kind of got it across to her, she got really excited and the rest of the night consisted of all One Bad Son music videos.” Dan Nickel

Katrina, 3, and her father Dan Nickel rock out to “Scarecrows” by One Bad Son, seen on the screen behind them. Katrina is getting a special kid-friendly show from her favourite band ahead of One Bad Son’s 18+ show at Dicken’s Pub in Calgary.

ELIZABETH CAMERON/FOR METRO

+ FAVOURITES

- Song: Scarecrows
- Video: Scarecrows
- Band member: Shane Volk, lead singer



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RIDESHARE

Nenshi puzzled by request to delay Uber



Helen Pike
Metro | Calgary

Calgary's mayor isn't too keen on the Livery and Transportation Advisory Committee's last-ditch effort to help cabs compete with Uber.

In February, the city's livery bylaw was updated to allow Transportation Network Companies, but Uber pulled operations saying the bylaw was "unworkable." The city has since come up with a fee structure option that better suits the company, and if approved by council on Nov. 28, will bring Uber's services back.

On Friday, LTAC met for hours to talk about the city's plan to update how it collects TNC fees. In the end, the advisory committee voted to test council's appetite on waiting 90 days (the time it takes to get a new plate street ready) to get 220 taxis going before enacting changes in the bylaw.

"I find that argument incomprehensible," Mayor Naheed Nenshi said Monday.

Nenshi said he doesn't understand how adding more plates to the street will help existing drivers compete with Uber "at all."

"I don't see it as anything more than an increase in the stand rents that cab drivers pay to brokerages," said Nenshi. "I'll listen very carefully when that comes to council."

The proposed changes mean transportation network companies would bear the brunt of the licensing costs. So, depending on the number of drivers, there's a range of annual fees, a \$15 per driver fee and a \$0.20 per trip fee to round out administrative costs.

Nenshi said the "minor bylaw changes" are reasonable, and frankly the rideshare companies are right, the city did need to be flexible on their fee model.

"Back in February I said our model is a model for the whole country," said Nenshi. "The TNCs have given in on all the important stuff, on insurance, on licensing, on the inspections, on all the stuff that surrounds safety."

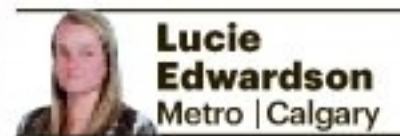


Cab companies are asking the city to help them compete with Uber, but Mayor Naheed Nenshi isn't buying it.
METRO FILE

Officer demoted, loses pay over firearm theft

DISCIPLINARY HEARING

Cst. Stephan Baker's rifle, notebooks stolen from car



Lucie Edwardson
Metro | Calgary

A Calgary police officer has been demoted and had his salary slashed following a CPS disciplinary hearing into the 2015 high-profile mishandling of a police firearm and investigative materials.

And the head of the union representing the officers said it shows the CPS often delivers a stern punishment for those found guilty of misconduct.

In April 2015, the CPS Guns and Gangs Unit was appointed to locate a missing police-

issue firearm after an officer stopped into Schanks Sports Grill, returning later to find his vehicle had been broken into. The weapon, which police said at the time had been brought home for cleaning, was stolen.

CPS said the rifle itself, a semi-automatic C8, was in a secure, hardcover case alongside two magazines of ammunition.

Two weeks after the gun was stolen, Metro reported it has been located and while police were still seeking a suspect, the officer remained suspended with pay.

According to the written decision from an early November 2016 disciplinary hearing, Cst. Stephan Baker pleaded guilty to one count of improper use of a firearm, one count of insubordination and one count of discreditable conduct.

In his testimony, Baker voiced regret for his decision.

"Considering the potential consequences that could occur,



A C8 semi-automatic rifle, like the one stolen from Cst. Baker. METRO FILE

yeah, I made a mistake," he said. "It was an error in judgment. I should have left (the firearm) at the office."

Baker became the subject of a criminal investigation in which "no charges were recommended."

In the incident, several of the officer's notebooks were also taken. In his testimony, Baker agreed the notebooks should have been in storage as they contained investigative information, including the personal information of victims and witnesses.

Ultimately Baker was found guilty on all counts, and demoted from first class constable to third class constable — resulting in a total loss of pay

of \$21,857.44 over two years.

Howard Burns, president of the Calgary Police Association, said the officer is lucky to still have his job, but it shows the price officers pay for misconduct.

"For the jeopardy he caused he could very well have lost his job," he said. "He's fortunate the chief and the service had a good look at the situation and they looked at his years of service and realized they have a young constable who they've invested time, money and resources into training and dealt with him fairly."

Baker can regain his third-class designation within two years and have his record expunged in five years, provided there are no other disciplinary infractions.

Burns said Baker's punishment show citizens police do hold their own to account.

"The public does need to know that when our officers are found guilty of misconduct the penalties are steep and much more severe than anything you would encounter in the criminal court," he said.

“It was an error in judgment. I should have left (the firearm) at the office. Cst. Stephan Baker

TRAVEL DESTINATION

Banff park is National Geographic top pick

One of Canada's most popular national parks is getting more positive publicity.

National Geographic Traveler magazine has named Banff National Park in Alberta as one

of the best destinations in the world to visit next year.

The magazine likes Banff so much it put a picture of iconic Moraine Lake in the park on the cover of its Best of the

World issue.

The Rocky Mountain park is the only Canadian destination included on the list.

Tourism officials say they hope the attention will draw

more visitors to the park.

The federal government is offering free admission to all national parks in 2017 to mark Canada's 150th anniversary.

THE CANADIAN PRESS

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#rickmercerreport

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Olympic heritage bricks won't survive

RENEWAL

Crumbling relics to be removed from Olympic Plaza



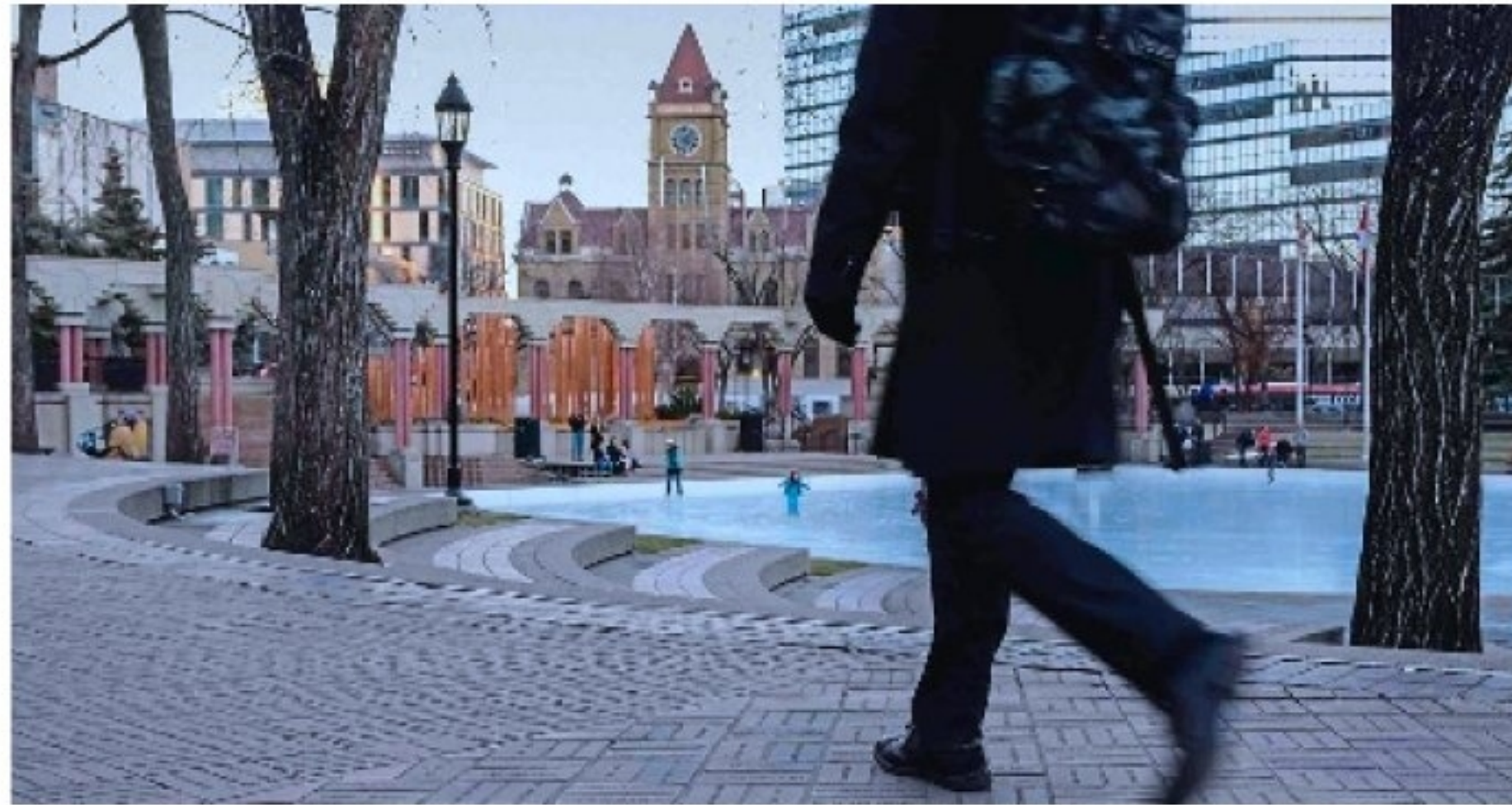
Helen Pike
Metro | Calgary

Brick by brick, Olympic plaza was built, in partnership with generous donations by Calgarians who had their names carved and placed for the going rate of \$19.88.

But after 30 years, the name-sake bricks are worse for wear, and while the city contemplates a future for Olympic Plaza, the bricks won't make it.

The City of Calgary just completed their public engagement on a future Olympic Plaza revamp. They had more than 2,200 people participate, and what they heard from an overwhelming number of participants is the importance of the plaza's historical significance. Part of the important heritage is the bricks.

Sharon Kaczowski missed her daughter Andrea's first



Calgarians donated money to have their names inscribed on bricks for Olympic Plaza, built for the 1988 Olympics

ELIZABETH CAMERON/ FOR METRO

birthday to volunteer as part of the 1988 Olympic games, but she did get her a brick.

"Everyday people were buying bricks, even if you weren't involved in the Olympics you

could do that," Kaczowski said.

"It was something Calgary was doing that was pretty awesome. Andrea, who was one, was going to have a brick there,

and it was going to be about the Olympics, and it was going to be there forever!"

Carlie Ferguson, Urban Strategy Lead for the city's Planning Services department said

as it is, some of the bricks are already in bad shape.

She's heard from 311 that they sometimes get calls from brick donors wanting a replacement as their contribution is

crumbling.

Taking them from the ground, and putting them back was ruled out.

"They're really crumbling, and they're in bad shape, so to actually remove the exact bricks in their current form and put them in a new space isn't going to be feasible," Ferguson said.

"That being said, we're not really sure what will happen."

She said a new concept for the bricks would be up to a design team.

But options include recreating them and using their form in some fashion, whether that's as a public art piece or another future incorporation.

What's more is the book with a list of donor names, which can be found at the Municipal Building Information Booth, has more names than there are bricks.

What Ferguson hopes is the future design team will be able to include all the names associated with the 1988 fundraising effort.

"Even if they did a picture, or something, there's all this new technology," Kaczowski said. "I don't know what they could do."

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ETHICS

Kenney on the defensive



Josie Lukey
For Metro | Calgary

PC leadership candidate Jason Kenney is defending his actions after being fined by the PC Party for appearing near a delegate selection meeting.

In a statement, a spokesperson for the Kenney campaign said they reached out looking for clarification regarding rules around delegate selection meetings (DSMs) but received no response.

As a result, Kenney has been fined \$5,000 for setting up a hospitality suite near the DSM in the riding of Edmonton-Ellerslie.

The money will be covered from the \$20,000 deposit required for candidates to run for leadership that is supposed to encourage good conduct and compliance with party rules.

According to the statement, Kenney intended only to drop by the event briefly to thank those running in support of his candidacy and was at no point going to attend the DSM.

The statement also read that the Kenney camp was disappointed with the decision, but will comply. PC Party rules say candidates running for leadership are not allowed to be in or near a selection



Jason Kenney is defending his actions after being fined by the PC party. JOSIE LUKEY/METRO

meeting. Katherine O'Neill, president of the PC Party said the Kenney camp only contacted the party once and the party did respond.

"There was a written response and there was a verbal response, and at no time were we asked 'is it against the rules to host a hospitality or have a candidate in the building,'" said O'Neill.

O'Neill said she was very concerned about the misrepresentation of facts from his campaign.

Kenney won all 15 delegate spots in the Edmonton-Ellerslie DSM, but the meeting has since

been annulled and a new meeting will be scheduled.

Stephen Khan, another candidate running for the PC leadership said in a statement he fully supports the PCAA Board's decision to hold another meeting and is crying foul at Kenney's defence.

"The leadership rules were made very clear to all candidates from the start of this race. I find it hard to believe that a career politician, who has been campaigning for over 20 years, was unaware he wasn't allowed to campaign in a polling station," the statement read.

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Young leaders honoured

AWARDS

Indigenous youth 'our greatest natural resource'

Elizabeth Cameron
For Metro | Calgary

Michelle Thrush is concerned about the growing number of youth suicides in Indigenous communities in Canada.

She created the Southern Alberta Indigenous Youth Awards (SAIYAs), to recognize the contributions of young people who are bringing their communities together.

The inaugural SAIYAs will honour 12 young people whose efforts are making their rural and urban communities stronger.

"It's about allowing youth to feel like they are a part of society. There's so much negativity that our youth have to deal with — the fracturing of our family systems from residential schools, the murders and sui-



Michelle Thrush (left) created the Southern Alberta Indigenous Youth Awards (SAIYA) to recognize youth like Grace Hunter (right), who is the recipient of the Community Leadership award at this year's inaugural event. ELIZABETH CAMERON/FOR METRO

cides of our people — we cannot continue going down this road," said Thrush, an indigenous actor and motivational speaker.

Thrush said the awards are about love, positivity, and find-

ing ways to elevate Indigenous youth so they have a platform to create change.

"This is what our young people are hearing — that they're part of a negative sta-

tistic. We want to celebrate the positive. I feel that our young people are our greatest natural resource, and we need to invest in them."

The awards are sponsored by

indigenous and non-indigenous supporters, which Thrush said was important to her.

"We all live together on this land. I wanted to create a space for all people to come together and witness the dignity of indigenous youth," she said.

Grace Hunter, 16, is the recipient of the Community Leadership award.

Hunter's family nominated her because of her drive to motivate other youth to pursue their goals, even if that means branching outside of their comfort zone. Hunter has found her voice speaking at conferences, events and graduations, in addition to being a filmmaker and camping enthusiast.

"When people want my presence as a speaker, that makes me feel appreciated. It really warms my heart," she said.

Hunter has plans to take Eco-Tourism and Outdoor Leadership at Mount Royal University. She said she hopes to be part of the solution to the challenges indigenous youth face in Canada.

"I want (indigenous youth) to know they have a purpose in this world, and they need to express it."

ECONOMY

Council passes '17 budget

Brodie Thomas
Metro | Calgary

After just a few hours of questioning the city's top brass, Calgary City Council unanimously approved the broad strokes of its 2017 budget.

Council still has several days ahead of listening to the heads of departments deliver reports, and those reports could lead to minor adjustments and amendments.

Most of the changes approved had been talked about and planned months in advance, such as the zero per cent tax rate increase, and fee relief on services such as Calgary Transit.

The package of relief passed today also included the elimination of the \$6.50 Green Cart Fee for 2017. Administration pegged relief to citizens and business at \$65.9 million, while also supporting development in the city.

Mayor Naheed Nenshi made a last minute proposal to freeze the Low Income Transit Fee for the first quarter of 2017 at \$44.

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PROFILE

Animator explores heritage, gender



Josie Lukey
For Metro | Calgary

It was a flurry of fast moving lips and animated hands for Elijah Wells growing up.

His mother and grandmother would laugh in the kitchen speaking vivaciously in Blackfoot. As an urban indigenous youth, Wells never learned his traditional language and could never really understand what his family was saying.

Which is why the 29 year-old committed himself to learning Blackfoot through animation. After being bullied in school, Wells said he threw himself into the arts and his sister recommended a course in animation.

"I find that using symbols and shapes works better than reading it in the English form," said Wells. "I always wanted to know because it's such an expressive language and I really want to learn it, I want it to thrive, I want to be able to speak Blackfoot to other youth."

But that's not the only animations Wells wanted to create.

At the age of 14, Wells started taking testosterone and made the transition from female to male with the support of his family. Wells then started exploring his cultural heritage and transgender ex-



Elijah Wells is an advocate for indigenous transgender youth.

ELIZABETH CAMERON/FOR METRO

perience through animations.

As an advocate for indigenous trans people, Wells said his dream is to travel around Treaty 7 territory and across the country giving presentations as an "on-the-go" animation studio.

Wells will also be a guest speaker at the 2016 LGBTQ Health Forum, talking about his experiences at the University of Calgary on Nov. 26. Specifically, Wells said he wants to educate people and revive the significant transgender roles in Blackfoot society.

"Being a person of colour, or even an indigenous person who is trans," said Wells, "I think there's a lack of education when it comes to working with indigenous people (in hospitals), but it's even worse when you have a trans person."



I want (the Blackfoot language) to thrive, I want to be able to speak Blackfoot to other youth.

Elijah Wells

Forum focuses on transgender health

UNIVERSITY OF CALGARY

Health care workers and members of public invited



Lucie Edwardson
Metro | Calgary

A group of University of Calgary medical students are hoping to educate those in the medical community — as well as the generally curious — about providing LGBTQ communities with sensitive and quality at their second annual health forum.

Janine Farrell, spokeswoman for the Medical Students for Gender and Sexual Diversity group at the U of C said the one-day forum happening this Saturday (Nov. 26), will have nearly a dozen workshops focused on transgender health and intersectionality.

"Generally everyone wants to know this stuff, and generally everyone wants to do better in terms of understanding, but it's getting through that place of not knowing (and) becoming more comfortable with being around communities of people who are still seen as an unknown or different from the mainstream," she said.

Farrell said many of the workshops are also perfect for those in other health-care related programs as well as working clin-



The U of C's Medical Students for Gender and Sexual Diversity group. Back left, Chris Picheca, M.D. Candidate (2018), back right Mieke Heyns, M.D. Candidate (2018), bottom left, Robin Bessemer, M.D. Candidate (2018) and bottom right, Janine Farrell, M.D. Candidate (2019). Missing: Emma To, M.D. Candidate (2018). LUCIE EDWARDSON/METRO

icians, doctors, nurses, social workers and others in care giver positions.

"We have several clinical focused workshops as well as non-clinical workshops so community members and other folks who are just interested can attend," she said. "I think it's as beneficial for people who don't have the goal of a providing care but who just want to learn."

Workshops include topics such as care for those undergoing hormone transitions, the basic care of trans youth, addressing barriers and appropriate termin-



Generally everyone wants to know this stuff.

Janine Farrell

ology, how to approach families and the resilience of the transgender community.

Farrell said it's the perfect opportunity for existing clinicians, doctors and surgeons in Calgary to claim their mandatory five

study credits as well.

"There are a lot of doctors out there who claim that they can't provide adequate care to trans people because they think it's something only specialists can do — which is definitely not true," she said. "We think that this forum can certainly get existing primary care physicians and care providers over the initial hump of knowing how to provide things like hormone transition-related care and more."

For more information or to sign up for the forum visit: <http://www.lgbtqhealthforum.com>



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metro NEWS | Calgary

Tuesday, November 22, 2016 11

Officer calls for police service's support

HARASSMENT

Const. Jen Ward wrote rebuttal to Const. Geoff Hoover's article



Lucie Edwardson
Metro | Calgary

A Calgary police officer has called out her fellow service members in the latest issue of their union magazine for denying a culture of bullying and harassment. The fall edition of the Calgary Police Association's magazine 10-4 includes Const. Jen Ward's rebuttal to one written by Const. Geoff Hoover in the previous edition titled, "Stop whining."

In his article, Hoover said the message of "keep your opinions to yourself because nobody gives

a s-h-t about what you have to say" was something he said he was told during recruitment and has since passed on to others. He said that "stop whining" concept needs to make a comeback.

In her piece, Ward asked how members of CPS can "venomously attack those who choose to stand up and speak about issues that we all know but want to keep buried."

"Constable Hoover, when you limit your views to your experi-

ence, you fail to see and understand what others have gone through and what you can learn from them."

Pat Ferris, a Calgary PhD in organizational psychology, said Hoover's language violates all codes of civility.

"It's a prime example of the culture that needs to be fixed (at CPS)," she said. "If the opinion is that there really is no issue, then I would invite the author to detail and defend that, other

than telling people to stop whining and shut up. I'm surprised that any publication allows that to be published."

Ward said she's seen the bullying and harassment firsthand, and when she spoke up about it she faced retaliation from supervisors and co-workers who knew she was being bullied.

"We need to create an environment where we start to stand up for and protect each other from the bullies within

the 'blue walls,' and quit trying to hide from it, by saying 'stop whining,'" wrote Ward.

Last month, Calgary police Chief Roger Chaffin addressed the media spotlight that has been shined on CPS human resource practices and workplace culture.

Chaffin said he's open to an independent review as well as looking at other ways to begin to chip away at this issue and deal with it from the top down.



Federal Environment Minister Catherine McKenna announced plans to phase out coal power by the year 2030 in an effort to curb greenhouse gas emissions. THE CANADIAN PRESS

ENERGY

Province may face costs by phasing out coal



Josie Lukey
For Metro | Calgary

The Coal Association of Canada has said Alberta could face major economic costs by phasing out coal power by the year 2030.

On Monday, the federal government announced they'll be accelerating the transition from coal power to clean energy by 2030 that will reduce Canada's greenhouse gas emissions by more than five megatons.

According to the federal government, provinces are able to phase out coal entirely and replace it with lower greenhouse gas emitting sources or they can use carbon capture and storage technology.

But Robin Campbell, president of Canada's Coal Association, said taxpayers in Alberta will pay the price.

"I would suggest that it's going to cost the taxpayer a lot more money going forward and the whole energy file from a power standpoint will probably turn on its head," said Campbell.

The Notley government previously announced its promise to end coal-fired electricity by 2030 as part of an effort to promote a larger climate-change plan that was outlined last year. The plan includes a broad-based carbon tax beginning in January.

Details for Alberta's coal phase-out plan are scheduled to be announced later this fall.

But Campbell said that he

doesn't believe the government will be able to meet the 2030 deadline.

Campbell said with negotiations between the provincial government and businesses over stranded assets and lost revenue, there's "too much to be done" to meet the date.

Shannon Phillips, Alberta's environment minister, said Monday the province is currently negotiating with the remaining six plants in the province to meet the deadline.

Phillips said the federal government's announcement shows the province is ahead of other jurisdictions.

"What (this) announcement shows is that Alberta are policy makers rather than policy takers," said Phillips.

Nonetheless, Campbell said the government has not consulted the association but he said he would be happy to work with the government on a strategy.

Instead, Campbell said Canada should be investing in technologies that could be used around the world to reduce emissions in developing countries rather than turn on a power generation that supplied approximately 40 per cent of the world's electricity.

"We have six billion tonnes of coal in the province today, it seems a shame that we wouldn't use that asset to continue to make sure we have a good cheap, reliable power not only for citizens but for industries that want to come here and invest dollars in the province," said Campbell.

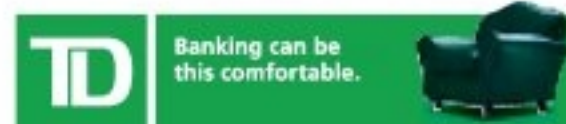
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Canada metronews

Canadian forces 'has to change'

COURT
Lawsuit claims bullying, sexual assault of military women

Haley Ryan
Metro | Halifax

A Nova Scotia woman leading a proposed class action lawsuit is hoping to "incite some change" after speaking up with personal and graphic allegations of misogyny, sexual harassment and assault in the Canadian Armed Forces (CAF).

A statement of claim against the federal government was filed Monday with the Nova Scotia Supreme Court by Halifax-based lawyer Ray Wagner, saying the Attorney General of Canada is vicariously liable for the alleged misconduct.

"It almost feels like it's the norm for the military and that's not right. It has to change," Glynis Rogers, lead plaintiff and former CAF member, said in an interview Monday.

Rogers, from Yarmouth, is the only plaintiff now but if the case

proceeds the class could include any women who claim similar treatment.

After enrolling as officer in the CAF out of high school in 2006, Rogers attended the Royal Military College (RMC) in Kingston, Ont. The allegations happened in her time at RMC, the claim reads, job training in Greenwood, N.S., and at CFB Borden in Ontario when Rogers was in the aerospace engineer officer basic course.

The suit alleges Rogers encountered persistent and systemic gender-based discrimination, bullying and harassment from male members, especially during training.

Specific allegations range from offensive comments, including Rogers being called a slut on "numerous occasions," being slapped on her behind by a superior and having her intelligence regularly questioned, to

a sexual assault in February 2012 when she was at CFB Borden.

The claim says Rogers eventually reported the incident and the male member was found guilty, but he later appealed and was acquitted.

"It's more the military culture, this misogynistic culture that causes these issues. Most women I'd assume would have at least some similar experiences," Rogers said. "It's almost ingrained." Although Rogers said having such personal details on the public record makes her feel "a little vulnerable," she feels it's vital to follow through with the suit.

"No matter what the outcome, if the military sees that this is a serious issue, that is my main goal."

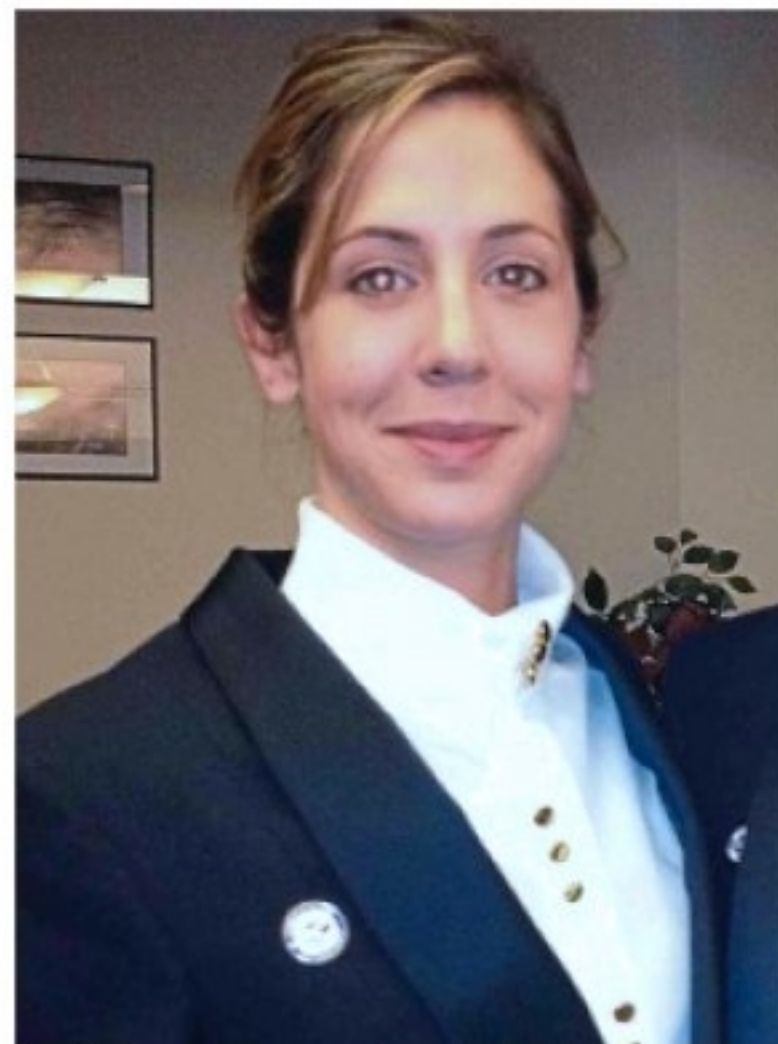
It's tough for women in the CAF to speak up about any harassment, Rogers said, since they often feel like they won't be believed.

Rogers said the current policies aren't working. "Operation Honour," intended to address sexual harassment, is widely known in the military as "Hop On Her."

A spokesperson confirmed the CAF had been served with the lawsuit, and said the government is deciding its "next steps."

"The severity of this issue has just been downplayed so much."

Glynis Rogers



Glynis Rogers, a former member of CAF and lead plaintiff of the class action suit. CONTRIBUTED

CRIME
Mountie guilty of abusing son

An Ottawa judge found a suspended RCMP counter-terrorism officer guilty in a "gut-wrenching" case Monday after hearing how the accused chained up his 11-year-old son in the basement and tormented him.

The evidence presented at trial — illustrating how the adolescent boy was abused, confined, burned, beaten, assaulted and starved — was "unequivocal and overwhelming," Justice Robert Maranger said.

Ultimately, Maranger said, it was the video evidence created by the boy's own father that proved the most damning.

Three separate recordings were found on the man's cell-phone. They depicted a quivering boy, naked and wet with his hands tied behind a post, as his father insisted that he renounce Satan.

The 44-year-old man, who cannot be identified, was convicted of two counts of aggravated assault, one each of sexual assault causing bodily harm, unlawful confinement, assault and failing to provide the necessities of life, and a range of firearms offences.

THE CANADIAN PRESS

metronews World

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Trump to kill off trade deal

ECONOMY
President-elect vows to take executive action on day 1

President-elect Donald Trump has pledged to begin the process of withdrawing from the Trans-Pacific Trade Partnership on his first day in office.

In a video released on YouTube Monday, Trump attacked the 12-nation pact, which is aimed at removing barriers to trade and is awaiting ratification after seven years of negotiations, promising to replace it with a series of individual deals.

It will be part of a series of "executive actions we can take on day one," the incoming U.S. president said.

He said he will "issue a notification of intent to withdraw from the Trans-Pacific Trade Partnership, a potential disaster for

our country."

He continued: "Instead, we will negotiate for bilateral trade deals that bring jobs and industry back onto American shores." Trump also said he will begin his term of office by cutting restrictions on some types of energy production, including shale gas and coal.

Earlier, Japanese Prime Minister Shinzo Abe said the TPP would be "meaningless" without the United States.

Abe spoke after attending a weekend meeting of Asia-Pacific leaders in Peru at which some said they might seek to modify the 12-nation TPP pact to make it more appealing to Trump, or seek to implement it without the U.S. But Abe discounted the idea of going ahead without American participation.

"TPP is meaningless without the United States," he said at a news conference during his official visit to Argentina.

METRO WITH FILES FROM THE ASSOCIATED PRESS



Trump outlined his plans in a YouTube video. YOUTUBE.COM



INDIA SEARCH FOR SURVIVORS AMID RUBBLE An injured train passenger receives treatment at a hospital in Kanpur, on Monday. Rescuers continued their search for survivors amongst the twisted remains of a derailed train as the death toll from one of India's worst rail disasters rose to 145. About 226 people were hurt, including 76 with serious injuries. AFP/GETTY IMAGES

JAPAN
Fukushima on alert after quake

Japan has lifted a tsunami warning for its northeastern coast nearly four hours after a powerful offshore earthquake.

A tsunami advisory for waves of up to 1 metre (3 feet) remains in place for much of the Pacific coast.

The earlier warning was for waves of up to 3 metres (10 feet). The Japan Meteorological Agency had urged residents to flee quickly to higher ground.

The largest wave recorded was 1.4 metres (4.6 feet) at Sendai Bay. Fukushima prefecture is home to the nuclear power plant that was destroyed by a huge tsunami following an offshore earthquake in 2011.

The operator of the Fukushima Dai-ichi plant said there were no abnormalities observed at the plant, though a swelling of the tide of up to 1 metre has been detected offshore.

Plant operator TEPCO said a pump that supplies cooling water to a spent fuel pool at the nearby Fukushima Dai-ni plant stopped temporarily, but that it was working again. The Tokyo-based utility is investigating the cause.

THE ASSOCIATED PRESS

'It was just a mistake': Restorative justice has real impact on lives

Yvette d'Entremont
Metro | Halifax

Carolyn Stewart and Meghan Peters sat together Monday morning, chatting like old friends.

They were nervously waiting to speak with reporters following a press conference about the expansion of the province's restorative justice program.

The pair got to know each other after Stewart broke into Peters' café in Antigonish about a year ago. They opted to participate in adult restorative justice.

"I wanted to meet the woman who broke in and so I asked the police officer who arrested her if there was any way I'd be able to meet her and he said, 'Actually, there is,' and he spoke to the Crown," Peters recalled.

"I had so many questions. Why? How? And she answered them and I saw that she was very, very remorseful and that it was just a mistake."

By the end of this month, Nova Scotia will have the only province-wide restorative justice program in Canada available to both adults and youth.

At a press conference on Mon-



Carolyn Stewart, left, and Meghan Peters got to know each other through the restorative justice program after Stewart broke into Peters' café. JEFF HARPER/METRO

day morning, Justice Minister Diana Whalen said the program has proven so successful with youth that it is being expanded to include adults.

"We've seen how restorative justice can benefit our youth and we believe it can do the same for adults," Whalen said.

The province established its youth restorative justice program in 1999 as a pilot project.

"Perhaps it was greeted with scepticism initially," Whalen told reporters.

"We certainly had to show that it works, that it is restorative, that it isn't a lighter way to go, that it's actually difficult for people who have committed an offence to come and face those people who've been harmed."

Peters said she feels justice was served, and she and Stewart

are working together to deliver a community dinner to help Stewart further "redeem" herself in the eyes of the community.

Stewart, 22, said breaking into the café was her first, and last, brush with the law.

"As terrifying as it is to look someone in the eye and say 'I did this to you,' I really appreciate the opportunity and I think that it was needed."

Homeless backpacks head to Vancouver

Jen St. Denis
Metro | Vancouver

A backpack designed specifically for the homeless and already distributed to 35,000 people in the United States is heading to Vancouver.

A Chicago charity called CityPak and Wolfe Auto Group, a vehicle dealership based in Surrey, have partnered to distribute a total of 750 backpacks in Vancouver and Surrey.

"It's made of ballistic nylon, it's very, very weather resistant," said Ron Kaplan, the founder of CityPak. The backpack is designed to be rain and theft-resistant, with



a strap that can be worn around the wrist or ankle, and loud Velcro closures that would alert the wearer to an attempted theft.

It also has a waterproof pouch for important identification documents, straps on the bottom to hold a blanket or sleeping bag, and a poncho that fits into a pocket in the bag.

"Something like this is really precious to me," said Bruce Austin, who was picking up one of the backpacks at a shelter.



Bruce Austin shows off his new backpack. "Something like this is really precious to me," he says. JEN ST. DENIS/METRO

Parenting 'quite a change' for Prince William

Prince William has spoken about fatherhood, revealing he's just like regular parents and has "struggled at times."

The royal, who was on a two-day trip to Vietnam to raise awareness about illegal wildlife trade, gave a lengthy interview to Talk Vietnam.

As well as discussing wildlife

protection in a recent interview, he spoke about his wife, Kate Middleton, and his two children, Prince George, 3, and Princess Charlotte, 1.

"There's wonderful highs and there's wonderful lows," Prince William said of parenthood. "It's been quite a change for me personally. I'm very lucky in the

support I have from Catherine. She's an amazing mother and a fantastic wife."

"But I've struggled at times," he added. "The alteration from being a single, independent man to going into marriage and then having children is life-changing. I adore my children very much and I've learned a lot about myself and

family just from having my own children. It's amazing how much you pick up just in those moments."

The Prince spoke about his son George, calling him "a little rascal," who "keeps me on my toes." "But he's a sweet boy," Prince William added.

TORSTAR NEWS SERVICE



'Little rascal' Prince George and his father Prince William at Government House in Victoria, B.C. THE CANADIAN PRESS

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14 Tuesday, November 22, 2016

Business **metro** NEWS

Tech giants investing in Montreal

ARTIFICIAL INTELLIGENCE

Google sees city as 'super-cluster' of knowledge

Artificial intelligence, once relegated to the realm of science fiction, is now found in everything from translation services to virtual assistants to video games.

And as companies race to develop self-driving cars and offer increasingly personalized online experiences, they're building on research that was largely pioneered by a group of Canadian researchers who are still attracting plenty of attention and investment dollars.

Montreal, in particular, has developed a concentration of expertise in the area of AI, largely thanks to the efforts of Université de Montréal professor Yoshua Bengio, head of the Montreal Institute

for Learning Algorithms (MILA). "(AI) will affect pretty much every economic sector; right now is just the tip of the iceberg," Bengio said.

"One of the things we are going to see more of is how these technologies affect how we interact with computers."

As a result of its research, Bengio says the institute has attracted interest from "most of the major IT companies," some of which have also provided funding.

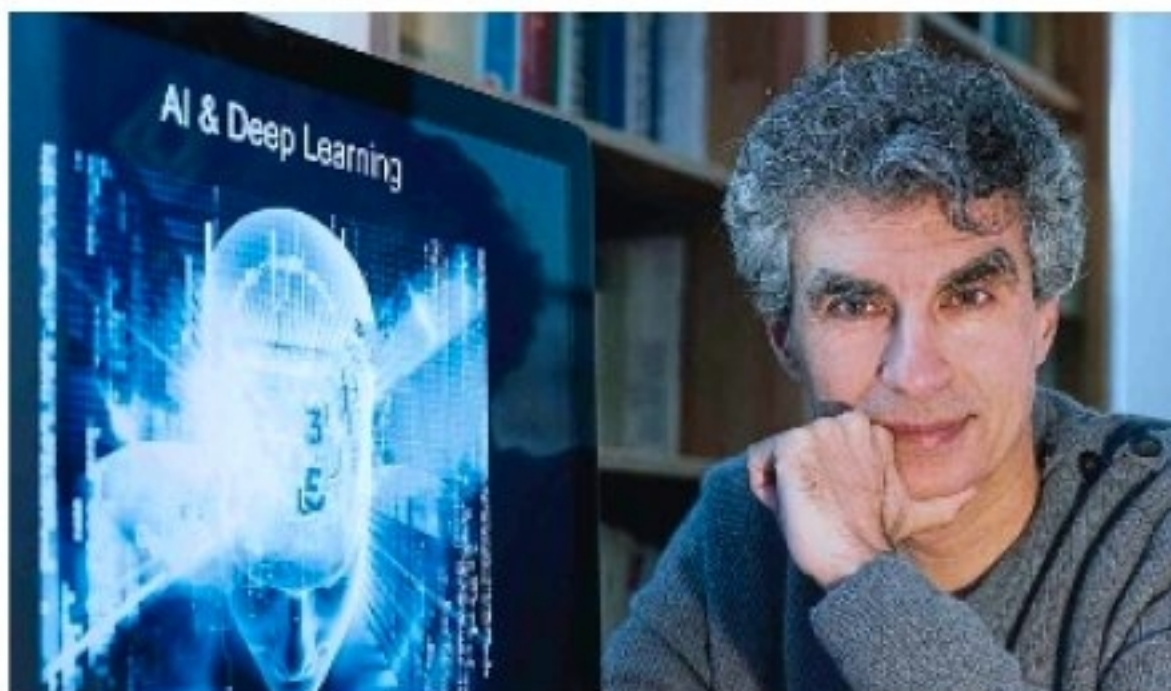
Now, tech giant Google is jumping in, investing \$4.5 million over three years to support the institute's research, as well as opening an AI research group at its Montreal office.

This comes on the heels of the Canadian government announcing an investment of more than \$200 million in three Montreal universities — including Bengio's — to create a learning hub to explore artificial intelligence and big data.



At some point you'll just talk to computers and they'll understand what you want.

Professor Yoshua Bengio



Computer Science professor Yoshua Bengio says artificial intelligence "will affect pretty much every economic sector." THE CANADIAN PRESS

Shibl Mourad, the head of engineering for Google's Montreal office, says the company hopes to help turn the city into a "super-cluster" of AI knowledge that will attract corporate investors, burgeoning startups and researchers.

He said much of the credit goes to Bengio and his colleagues, whose research over the last decade

has put the city ahead of its competitors.

"Their contribution was foundational," he said.

Had these researchers not invested that decade of their lives, "we would not be where we are," Mourad said.

The lab Bengio leads is one of the largest in the world dedi-

cated to studying Deep Learning, one of the underpinnings of AI.

Over the past decade, they learned that by layering several "neural networks" that mimic how the brain works, computer programs could "learn" to solve complex problems on their own instead of needing to be programmed step-by-step.

By analyzing a large number of examples, the program could eventually learn to identify patterns — such as recognizing objects in photos or language patterns.

This fundamental research has led to breakthroughs in translation programs, personal assistance, "smart" cameras and self-driving cars, among others, Bengio says.

"At some point you'll just talk to computers and they'll understand what you want and what you need," he said.

Bengio says AI knowledge also has broad applications in the medical field, and could be used to help doctors read scans, research and diagnose conditions, or sift through the massive amount of information contained in the human genome.

In the short term, he's hoping the new investments will help Montreal "capitalize on its advance" by attracting corporations and startups to set up in the city — hopefully reversing the brain drain that has seen many of the brightest researchers leave to find employment elsewhere.

THE CANADIAN PRESS

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BROADCASTING

Regulator tightens reins on TV providers

Canada's broadcast regulator renewed the licences of most TV service providers for one year, rather than the usual seven-year term, as it keeps a close eye on whether their basic cable offerings are keeping customers' interests and wallets in mind.

"We have the one-year licence renewal to have a watchful eye on the deployment of this next phase of the Let's Talk TV policy," said Scott Hutton, the CRTC's executive director of broadcasting.

The Canadian Radio-television and Telecommunications Commission's so-called skinny basic TV policy goes into full effect on Dec. 1.

Since March 1, TV service providers have had to offer customers basic cable packages at no more than \$25 monthly, and allow them to add on extra channels individually or through pre-packaged bundles of up to 10 channels. Starting in December, companies must offer both individual and small packages of channels to customers.

The regulator released a set

of best practices Monday "to ensure that there's some course correction," Hutton said. The CRTC said companies should give customers information on the soon-to-be available choices, offer online tools that will allow subscribers to add or remove channels easily and provide different options for obtaining a set-top box, among other things.

The regulator will evaluate how well the TV service providers adhere to these practices, as well as other compliance issues, when their licences are set to expire next year.

If they fail to satisfy the CRTC, Hutton said the regulator has a variety of tools at its disposal to escalate the situation, including imposing further conditions on a company's licence or not renewing it.

Companies with licences up for renewal this year that received a one-year approval included Rogers, Telus, Shaw, MTS, Sasktel and Videotron. additional licences will come up for renewal over the next three years.

THE CANADIAN PRESS

\$25

The maximum TV service providers can charge for so-called skinny basic TV.

MOBILE SERVICE

Wind is changing its name

Wind Mobile, Canada's fourth-largest mobile phone company, is changing its name to Freedom Mobile and moving to upgrade its network.

The company, which was acquired by Shaw Communications earlier this year, said Monday existing customers, accounts and rate plans will be seamlessly transitioned to the new brand.

The company said it's rolling out LTE service throughout its coverage area, starting with Toronto and Vancouver on Nov. 27, followed by Ottawa, Calgary and Edmonton by the summer.

THE CANADIAN PRESS

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EMMA TEITEL ON GOOD CITIZENSHIP IN A NEW MEDIA AGE

We live in a state of social, technological and political flux. And like the 'poor devils' on Downton we appear to be acting like 'chickens with our heads cut off.'



This past week, when my wife Ella was sick with bronchitis and depressed about the victory of Donald Trump, she escaped into the soothing, low-stakes world of Downton Abbey.

Downton Abbey is a place where picking up the wrong fork at dinner is a sin on par with manslaughter, as is walking into the servants' quarters unannounced and wearing to supper what you wore to lunch.

Ella laughed hard when Mr. Carson, Downton's officious butler with a heart of burnished gold, struggled to use the telephone.

And she laughed again when Lord Grantham, the estate's patriarch, balked at his young niece Lady Rose's suggestion that Downton Abbey get (gasp!) a radio.

But I didn't laugh.

In fact, I couldn't laugh, not just because I had already binge-watched Downton Abbey ages ago, but because the apparently absurd, change-wary world it portrayed no longer struck me as quaint and escapist but as uncomfortably familiar.

The stretch isn't as hard as you might think. Like the characters on Downton Abbey (both upstairs and down) we too live at the relative dawn of a new century, in a state of social, technological and political flux. And like the "poor devils" on Downton (to borrow a phrase from Lord Grantham) we also appear to be navigating this new world like (to borrow a phrase from Mrs. Pat-

more, Downton's exasperated cook) "a bunch of chickens with our heads cut off."

For proof of our own extreme cognitive dissonance, a hundred years post-Downton, look no further than the deluge of doomsday predictions and anxious monologues that continue to dominate our social-media news feeds day in

and day out, partly the result of Donald Trump's improbable victory and the piqued conservative reaction to liberal anguish about that victory. But even more the result of the very revolutionary online media we've had to navigate, an innovation as problematic as, yes, the radio once was.



HEALTHY SKEPTICISM? Mr. Carson, Downton Abbey's butler, didn't even trust the radio. What would he make of Facebook? CONTRIBUTED

In fact the online universe is also instrumental in another development that might be even more troubling: This is the growing charge that phoney and fabricated news stories, consumed and shared en masse on Facebook, have begun to take a far greater role in deciding our elections and shaping our democracies than the legacy media institutions that ruled the 20th century.

In other words, Goodbye New York Times, Hello The Daily Current, Breitbart and Clickhole. Today, nearly half

of American adults get their news from Facebook, and a lot of that news, unknown to the people sharing it, originates from media sources that are not merely biased but often satirical, hyper-partisan and deliberately misleading.

If you don't think this is a problem, you either aren't on Facebook or you're a spokes-

person for it.

Facebook, predictably, tried its very best this week to deny that it had an outsized influence on the U.S. election. According to a spokesperson from the social network, in a written statement to the Toronto Star, "While Facebook played a part in this election, it was just one of many ways people received their information — and was one of the many ways people connected with their leaders, engaged in the political process and shared their views."

In Facebook's defence, there are people around who still read print newspapers and listen to the radio, but this group (much like the lords and ladies of Downton Abbey in 1916) is a quickly dying breed. According to the American Press Institute, "Fully 88 per cent of Millennials get news from Fa-

cebook regularly, for instance, and more than half of them do so daily."

Given those statistics, here's hoping that they (i.e. we) take to heart the advice of Melissa Zimdars, a Massachusetts college professor, who recently compiled a list of phoney and misleading news sites that peddle half-truths, untruths and screaming headlines written specifically to get our goat.

If an online news story "makes you REALLY ANGRY," writes Zimdars in a Google Document she's made available to the general public, "it's probably a good idea to keep reading about the topic via other sources to make sure the story you read wasn't purposefully trying to make you angry (with potentially misleading or false information) in order to generate shares and ad revenue."

Amen. We have a duty to ourselves, to our democracies and to future generations to brush up on our media literacy skills. And we have a duty not to scoff at new media, as Lord Grantham and Mr. Carson scoff at the radio, or to kowtow to it (as they eventually do), but to use it subversively, with a healthy dose of skepticism, and to use it to share information responsibly.

This is nothing more than paying it forward. Before we know it, our great grandchildren will be escaping the madness of their own day (ahem, climate change) to indulge in TV dramas about the early 21st century, a time and place when their ancestors attempted something called "the mannequin challenge" and swallowed wholesale phoney news stories about the end of the world. Let's try not to give them too much material to roll their eyes at.

Emma Teitel is a national affairs columnist for the Toronto Star.

There's more to our well-being than GDP

Roy Romanow

The well-being of Canadians is lagging far behind economic growth — a gap that widened after the 2008 recession.

Intuitively, you know this when you read about precarious work, longer commute times or rising rates of diabetes. Millions of Canadians feel like the promised benefits of a rebounding GDP haven't made their way to their home or community.

It's more than a feeling.

Today, the Canadian Index of Wellbeing (CIW) released its third national report, which shatters the persistent myth of "trickle down." From 1994 to 2014, Canada's GDP grew by 38 per cent while national well-being only rose 9.9 per cent. What's more, the 2008 recession stole our living standards, our leisure and volunteer time, even our sleep — and we never got them back.

Based at the University of Waterloo, the CIW tracks 64 indicators representing eight domains of quality of life. Where GDP counts money in the economy, the CIW captures fluctuations in community vitality, democratic engagement, education, environment, healthy populations, leisure and culture, living standards and time use to describe how we're really doing.

At the national level, the picture that emerges over the past 21 years is a GDP rebounding post-recession but Canadians continuing to pay the price. From 1994 to 2008, the living-standards domain rose 23 per cent. Then it plummeted almost 11 per cent and has yet to recover. Gains made on reducing long-term

unemployment and improving the employment rate were lost. Income inequality is rising. And, despite increases in median family incomes, millions of Canadians struggle with food and housing costs. When living standards drop, community, cultural and democratic participation follow suit. Surely, this is not our vision of equality and fairness in Canada.

Canadians were hardest hit in the leisure and culture domain, which declined by 9 per cent overall. We're taking less time enjoying arts, culture, sports — even vacations — the very activities that help define us as individuals. On the eve of Canada's sesquicentennial, household spending on culture and recreation is at its lowest point in 21 years.

Now is the time for Canada to refocus on a sense of shared destiny. It is time to reaffirm our values, which provide guideposts on how to move forward as a society. It is time to adopt the CIW as a national measure.

Critics will argue that governments cannot afford to worry about well-being, especially when GDP is fragile. What we cannot afford is ongoing environmental degradation. We cannot afford the human and economic costs of poor health. We cannot afford the erosion of equality and fairness that underpins Canadian democracy.

As we set our course for the next 150 years, we need to place the well-being of all Canadians at the very heart of Canada's vision.

Roy Romanow is former premier of Saskatchewan and the current chancellor of the University of Saskatchewan

We have a duty to our democracies and to future generations to brush up on our media literacy skills.

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ATHLETICS

Millennials say spending more on exercise is worth it

Megan Haynes
For Metro Canada



Carly Chow likes to move. The 30-year-old has done everything from juggling and burlesque classes, to samba lessons and pole dancing.

The sales and marketing professional also does flexibility/contortion classes (to help her get into the hard-to-reach splits for certain pole tricks), as well as lyra (hanging hula hoop dancing) and occasionally silk aerial classes. Sometimes she even sneaks in a game of dodgeball.

The array of aerobics helps her work on her upper body strength, and ensure the Albertan, who now lives in Toronto, can eat as much steak as she likes.

It's one reason the monthly price tag (approximately \$140 for a subscription to her dance studio, \$80 every two months for performance troupes, \$45 for the occasional workshop, \$15 for drop-in classes elsewhere, plus gear) doesn't turn her off.

She's not the only millennial dropping big bucks for fitness. The industry is growing — private gyms grew 5.6 per cent between 2011 and 2016, and is now a \$3 billion industry, according to research firm Ibis. Millennials make up 40 per cent of aerobic activity participants (activities other than weights, running or biking), says Matthew Teeple, manager sports, at research firm NPD Group. Athletic clothing and footwear is also growing at a rate of seven per cent a year, he says, and millennials in particular make up 30 per cent of these purchases — or more than \$2.4 billion annually.

Sensing the opportunity, higher-end specialized studios have been creeping into the market. Earlier this month, New-York based cycling studio SoulCycle announced it will bring its classes (ap-



When fitness upends your budget

Carly Chow (above) and Jennica Fudge (right) spend about \$2,000 and \$1,000 a year, respectively, on classes. CONTRIBUTED

proximately \$34 US per class, plus \$3 for clip-in shoe rentals) to Canada.

That may be pricey for some, but millennials overall want to lead "healthier" lifestyles and are willing to prioritize spending on it as a result, Teeple says.

Elijah Di Gangi, 28, has been a fitness

buff for the past decade. The marketing professional estimates his gym membership cost to be \$100 a month (although about half of it is subsidized by work), while supplements and vitamins add up to about \$60 each month.

"I have no qualms with paying that

amount. I think it pays for itself in how great I feel, and certainly I'd rather spend the money on bettering myself physically than drinking or squandering it on things I don't need."

Chow also is comfortable with how much she spends, and not just because

\$ MONEY

Cut other monthly expenses to save in favour of fitness costs

When it comes to fitness, the key is to live within your means, says Shannon Simmons, a financial planner and founder of New School of Finances. Cut other recurring costs, like cable, or negotiating a smaller cellphone bill, to help balance the budget. Walking more or eating out less can also be healthy ways of saving money in favour of fitness.

Never let the cost of a membership — often a subscription that isn't seen — sit on a credit card, and never sacrifice savings goals for a quick work out, she says.

Finally, if you're paying for a gym class or membership, make sure to take full advantage of the workout.

MEGAN HAYNES/FOR METRO

of the fitness aspect. She appreciates the sense of community and the comfort level she develops with the teachers and fellow students at her classes.

"I like working out as a socializing activity — you can talk to your friends, make new ones," she says. "It's a safe environment and it's a supportive community."

Ottawa-based Jennica Fudge does four to five belly dancing classes a week, at an average cost of \$135 a month. It's a creative outlet for the 29-year-old graphic designer, who also sees the dance classes as a way to connect with new people.

She says the cost isn't a concern — she has a pretty strict budget, and tries to

stay well within it while continuing to meet her savings goals.

She also says she's frugal with the rest of her money.

"It's not like I'm going to go drop money on an expensive jacket," says Fudge. "And if there's one month I can't afford the class, then I don't go."



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COSMETIC SURGERY

Hold the lines: millennials are turning to Botox earlier than ever

Some millennials keen on preserving their youth are turning to Botox to smooth away hints of creases on their faces before they become more pronounced.

A recent survey of American Academy of Facial Plastic and Reconstructive Surgery members reported a surge in patients under 30 getting "preventative Botox."

And it appears to be a broader trend. Toronto-based cosmetic plastic surgeon Cory Torgerson whose practice focuses on the face and neck said he's "definitely seeing" it.

"The (millennials) are cued in to preventative maintenance and are engaging in injectable cosmetic procedures more commonly in their 20s and 30s," said Torgerson.

In the U.S. survey, 64 per cent of members reported an increase in millennial patients getting injectable treatments or cosmetic surgery. The American Society for Aesthetic Plastic Surgery reported that Botox treatments for people between the ages of 19 to 34 shot up by 41 per cent between 2011 and 2015. The trend doesn't surprise Candace Shaw, a Toronto-based feminist and cultural commentator.

"We have such an image driven culture, so I can see why a lot of people, especially people who grew up in a culture where we have the Internet, we have Facebook, we have Instagram,



Dr. Cory Torgerson, a Toronto-based cosmetic plastic surgeon, said he's been seeing a trend of millennials coming in for preventative Botox. AZZURA LALANI/TORSTAR NEWS SERVICE

are responding by saying, 'well, I want to look my best and in this culture my best is not having wrinkles,'" she said.

Gina Bourne, a 31-year-old OCAD student who also works as an executive assistant, started getting Botox when she was 29.

"(At the time) nobody I knew was doing it," she said. "I had these lines between my eyebrows and on my forehead and I just had been feeling like I was looking a little tired for a while."

Bourne did some research and found Botox, one of three products that stop muscles from contracting, pulling on the skin and creating wrinkles, was pre-

ventative, so she kept the treatments up. She thinks she'll do it for the rest of her life, she said, barring any advancements.

"I definitely feel that it's had a good result for me," she said. It feels smoothed out, said Bourne, adding she doesn't look tired and doesn't worry about going out without makeup on."

Dr. Sean Rice, a Toronto-based plastic and cosmetic surgeon, said many clients come in when they are "starting to see (wrinkles) and it's freaking them out," he said, adding they use it as a prophylactic measure to "avoid getting wrinkles down the road."

It's not just the pre-creased millennial women who are smoothing the developing lines. Young men do too.

Torgerson says about 25 per cent of his millennial-age clients are men, while Rice says about 40 per cent of his are men. Part of that is the greater pressure on women to look young.

"On the one hand it's a shame that people feel the pressure to take fairly invasive medical steps to avoid aging," said Shaw. "But on the other hand I have to say, you know, I can't judge an individual for making a choice for what to do with their body."

TORSTAR NEWS SERVICE

MEDICAL VS. COSMETIC

Female genital procedures on the rise

Kristin Jones endured a "horrific" delivery when her daughter was born five years ago. It ended with an episiotomy — a surgical cut to enlarge the vaginal area — that led to an infection. She was left with no sensation in her bladder.

Jones recalls once standing up and feeling a gush of fluid. She sobbed in front of her husband, mortified by the experience.

"Your dignity is gone," the 34-year-old Ayr, Ont., teacher says, reflecting on the incident. Eventually, sensation in her bladder returned and, with a lot of physiotherapy, some control returned as well. But after her

second child was born, Jones' bladder problems came back with a vengeance. Coughing, sneezing, laughing, running — anything might cause a leak.

Living in constant fear of a bladder mishap, she went to a urogynecologist in Toronto, who told her she could have an OHIP-covered procedure involving a mesh implant or try a pricey vaginal laser therapy treatment called IncontiLase that's not covered by OHIP but could, potentially, help Jones' leakage issues.

The increasing number of female genital cosmetic surgery procedures available to Canadian

women include clitoral hood size reduction, perineoplasty, vaginoplasty, hymenoplasty, and G-spot augmentation — procedures which typically cost anywhere from \$3,000 to more than \$6,500.

In Jones' case, she opted for the IncontiLase procedure, and says the roughly \$2,500 cost was money well spent since the experience was largely pain-free. Her bladder function post-procedure isn't "perfect," but a marked improvement, and she no longer worries about laughs or sneezes.

"I feel like I'm on the way to getting my life back," she says.

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Kristin Jones suffered post-childbirth incontinence.

NAKITA KRUCKER/TORSTAR NEWS

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Quiet as Lam...but that's no bad thing

INTERVIEW

Amid the noise, designer's cool elegance helps him stand out

Derek Lam is a great example of how quieter, cooler and more elegant ideas will always win the fashion game. The noise and chaos of big-tent fashion — swollen heads and egos, gnashing logos and supermodels, the blink-and-gone trend hamster wheel — burns itself out.

What is left is elegant American sportswear that stands the test of time, and that is the foundation that Lam, now 50, has been building on steadily.

In Toronto for a public appearance and runway presentation last week at Holt Renfrew in Yorkdale Shopping Centre, Lam showed his '70s-inflected, denim-heavy resort 2017 Derek Lam 10 Crosby line. He also took time to take stock in this time of roiling change in the retail and online fashion industry.

"There is just so much noise right now," he says, "especially about how the client is supposed to absorb and consume fashion."

Lam has spent a career putting his foot down on fashion's circus side. He made the surprising choice to show his spring 2017 collection earlier this fall to a handful of editors and buyers in an intimate setting instead of the usual three-ring runway spectacular at New York Fashion Week. "Intimacy is my statement on the

shift to see now, buy now," he says. "Let it be intimate, with me talking directly about the work."

The whole Derek Lam world is available at Holts, with his premium eponymous collection ranging from \$1,000 to \$2,500 for dresses and gowns; Derek Lam 10 Crosby, his more casual contemporary line, named for the location of his Lower Manhattan studio, runs from \$350 to \$975 for women's blazers and coats.

Lam literally grew up in the garment business, in the San Francisco bridal dress factory owned by his grandparents. After graduating from New York's Parsons School of Design, he began his career at Michael Kors, before it became "the larger-than-life brand we know today, in capital letters," says Lam.

Lam was a designer for Kors (who remains the king of sexy American sportswear) through the '90s. He is a classic Generation X and like other creative types in his generational cohort he apprenticed before striking out on his own.

When he did make the leap, in 2003, his vision was clear. "That was a time when designers were big and loud, almost caricatures," he says. "I didn't feel the products lived up to the hype. I wanted to offer an alternative perspective, a personal view of style. I want all the attention on the work, and

by extension, on the woman wearing my clothing."

Indeed, he has kept his growth slow, deliberate and "organic," in his words, partnering only with people who make sense — the artisans outside Venice who make his shoes, or the bag makers in Tuscany.

Lam has dressed U.S. first lady Michelle Obama, and his celebrity fans tend to be street-style stars known for "classy" or understated good taste, such as socialite Olivia Palermo.

A designer noted for his ferocious research, his chief laboratory is his window that looks out onto a SoHo street. "I'm so obsessed with watching women in the street. My window looks out onto a parade of inspiration."

And for his first foray into fragrance, he reverted to the moments he witnessed out that SoHo studio window.

Each of the 10 fragrances is based on moods, feelings, and the moments in time they capture. Thus you have Rain Day to Drunk on Youth and 2 a.m. Kiss. He explains Blackout thusly: "It was based on the real New York blackout. It starts with trepidation and moves into a block party, a place where you find community."

That subtle message is at the heart of Lam's work: a quiet reflection, a moment of feeling.

TORSTAR NEWS SERVICE

I didn't feel the products lived up to the hype. I wanted to offer an alternative perspective, a personal view of style.

Derek Lam



Fashion designer Derek Lam's upcoming line — Derek Lam 10 Crosby — is named after and inspired by his New York studio space and the women who walk by his window. The Mini Ave A Top Handle Satchel costs \$745 at Holt Renfrew. CARLOS OSORIO/JENNA MARIE WAKANI/TORSTAR NEWS SERVICE

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More the merrier for girls' reunion



Lorelai and Rory Gilmore (Lauren Graham and Alexis Bledel) are back in our lives. NETFLIX

NETFLIX

Lorelai, Rory and Co. return and serve up a slice of comfort

The familiar voices float softly from a black screen, as if in a dream.

There's Luke, gruffly: "How many cups have you had this morning?" And this parent-child banter: "Did you do something slutty?" Rory teasingly asks her mom. "I'm not THAT happy," shoots back Lorelai.

Thankfully, it's not imagined. It's the reality of *Gilmore Girls*, returning Friday after a nine-year absence, during which longtime fans pined for what they'd lost and newcomers discovered what they'd missed through reruns.

Opening-credit snippets of the show's hallmark dialogue kick off Netflix's sequel to the 2000-07 broadcast series with a promise: the characters, their snappy banter and the show's key notes will be honoured.

But the four-part *Gilmore Girls: A Year in the Life* is aimed at more than true believers, creator Amy Sherman-Palladino said in an interview.

"We want it to be something that fans know, but if you haven't watched *Gilmore* you can come to it fresh and take it on face value: It's a story of three women, an intergenerational, multi-generational story, and you are catching them at times that each of their lives is changing."

That trio around which the universe rotates consists of devoted

single mom Lorelai Gilmore (Lauren Graham), her equally devoted daughter Rory (Alexis Bledel) and stern grandmother Emily (Kelly Bishop). As the first chapter opens, Lorelai and Rory are still the belles of fictional Connecticut hamlet Stars Hollow — so perfect, quips Lorelai, it belongs in a snow globe.

Luke (Scott Patterson), Lorelai's on-again, off-again love is here, as are the supporting characters who gave the show, well, character. That includes official town nudge Taylor (now lobbying for a sewer system); reliably idiosyncratic Kirk (he's just launched Ooover, a non-app version of Uber) and even buoyant chef Sookie (courtesy of Melissa McCarthy's return to her TV roots).

Whatever bliss viewers find in the girl-power dramedy's resurrection may be exceeded only by that of Sherman-Palladino, who wrote and produced it with Dan Palladino, her husband and creative partner on the sequel and the original.

"It was literally like no time had passed," Sherman-Palladino told a TV critics' news conference. "It was joyous. It was fun. It was exhilarating."

Graham sees *Gilmore Girls* as a welcome refuge from hard-edged TV and our prickly modern reality in general.



It was the old show. It was just like it was meant to continue.

Amy Sherman-Palladino

"I think it's because it's extremely comforting in a world that is lacking comfort and has a great choice of shows available that are stressful — great, but stressful — and so this kind of stands out in the way that it did then," she said.

The 90-minute episodes follow the seasons and are titled for each, starting with *Winter*. While Lorelai and Emily face Richard's death in their own way, they also find their relationship affected by it.

Rory's romantic past is a factor as all of her ex-boyfriends appear "one way or another," said Bledel. So is the character's journalism career, and while Bledel is aware that her character's love life intrigues viewers, she'd like them to consider the complete young woman.

"There is so much more to her character that it's great when people focus on those things, on her ambition and her accomplishments," the actress said.

Given that all the episodes will be made available at once on streaming service Netflix, Sherman-Palladino sees trouble on the horizon.

After holding close the four words she's long said should end the *Gilmore* saga (she wasn't in charge of the show's last season on the CW network), she wants viewers to avoid spoiling the experience, either by posting the phrase or by impatiently jumping to the final scene.

"It's going to mean a lot more if you've taken the journey, and it's going to mean a lot less if you just flip to the last page. ... It's a fun trip. It's worth it," she said.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Atlanta worth a return trip

THE SHOW: *Atlanta*, Season 1, Episode 9

THE MOMENT: The playwright

Earn (Donald Glover) and Vanessa (Zazie Beetz), the mother of his daughter, attend a June-teenth party thrown by a rich, interracial couple.

Vanessa is hoping to impress the wife, a black woman who wishes she were white. The white husband, who wishes he were black, is trying to impress Earn.

Earn hates it all: the vibe, which he likens to a "Spike Lee-directed *Eyes Wide Shut*." The centrepieces shaped like slave ships. The pretentious guests, including a woman playwright who touts her latest work, *With Tail Between Legs*.

"It takes place in a strip club," she trills. "Two gang-bangers hold a pastor, a drug dealer and a pregnant teen hostage, in the middle of Hurricane Katrina."

"That's a real situation," Earn deadpans. "I'm glad that story is being told."

This is the third new series starring black characters who are navigating through largely



One visit to Atlanta is just not enough, given the subtle tone and the ultra dry wit throughout the series. CONTRIBUTED

white worlds (the other two are *Insecure* and *Queen Sugar*) and it's the most original.

Glover, who created and writes it, has absorbed a key lesson from his years on *Community*: you can pull off anything on television if you're fearless enough.

So Earn, a depressed Princeton dropout who's managing his rapper cousin, can spend one episode at a fundraiser with Justin Bieber (who in the world of

this show is black) and another witnessing his Uber driver being shot by cops for dealing drugs and weapons.

The tone throughout is so subtle and the wit so dry, each episode is better the second time you watch it.

Atlanta airs on FX Canada.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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Note: A second information session will be held in the new year on Wednesday, February 8, 2017.

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Real estate specialization program launching next fall

In response to industry, the Haskayne School of Business at the University of Calgary is preparing to launch a real estate specialization option within its master of business administration (MBA) program.

"We had members of the real estate business community come to our dean and say, 'You have other areas of specialization but not one for real estate and it is one of the biggest parts of the economy,'" says Jyoti Gondek, director of the Westman Centre for Real Estate Studies, which was founded four years ago as part of Haskayne and aims to be a catalyst for the development of real estate professionals and become a leading centre for real estate studies. "In wanting to provide a competitive edge as a business school, we decided to move forward."

The specialization, which launches in fall 2017, will equip students with the knowledge and skills to create and capture value in the midst of industry innovation and an increasing focus on sustainability.

For its part, the Westman Centre conducted research to determine the necessary courses to include, how best to deliver them and how these real estate-specific

courses would fit into the larger context of the MBA program.

Its research helped to conclude that the specialization, in addition to standard MBA courses, should include three mandatory courses — real estate investment and analysis, land development and planning, and advanced real estate development — as well as a capstone project course. Students will have three capstone options from which to choose.

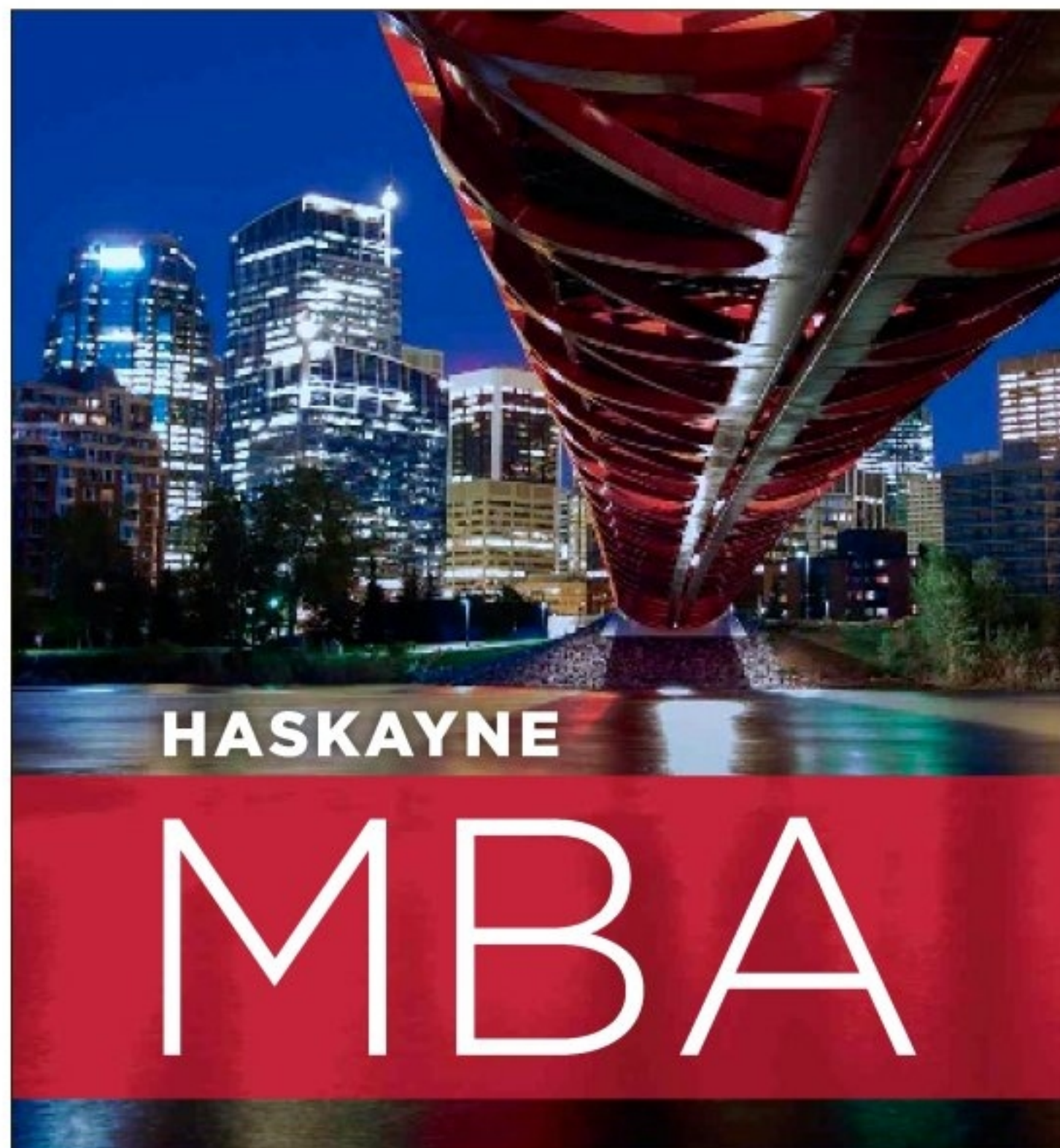
"The capstone will give students a project-based approach that really immerses them in what they will be doing once they are in the industry," says Gondek. "We have made it a very holistic program."

Gondek says the Westman Centre's industry partners are excited to be involved with the program and to interact with the students who will become the real estate professionals of tomorrow.

"It's important to recognize that this program will be successful because it is a collaboration between the business community and the university," she says. "We are able to offer students the types of experiences that will help them to build connections."



CONTRIBUTED



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A shopping assistant attached to your phone

SMART SHOPPING

Five apps to find the best deals and ease that retail experience

Marc Saltzman

The hottest tech product on the planet? It's in your pocket.

More than 75 per cent of Canadians now own a smartphone — up from 62 per cent just three years ago — and chances are you bring this digital device with you everywhere.

And so it may come as no surprise many are using it to shop, whether it's online shopping through apps or the mobile web, or as a companion to help sniff out great deals at retail.

"Your phone can be an invaluable shopping tool," said Rubina Ahmed-Haq, a personal finance expert who runs the blog AlwaysSaveMoney.ca. "You don't have to be at home on a computer to compare prices among online sites or retail stores, you can be immediately notified of location-based deals, and you can keep all your loyalty and rewards cards on your phone, too."

"Our phones are a lot more accessible than computers, and there are many good and free shopping apps to install and use," Ahmed-Haq added.

If you're looking for some suggestions on what to load up your phone with, the following free apps are worth considering.

Flipp

Consider Flipp the ultimate flyer aggregator. After you type in your postal code, browse the best deals at local stores or select what retailers matter to



you — such as an electronics store, clothing chain, home improvement centre, department store, or supermarket — and you'll be able to see the latest flyers that showcase new products and sales around you. Available for smartphones, tablets and computers, clip favourites, print coupons, press and hold on a product to read reviews, add items to your shopping list, and see discounted items by percentage off. Flipp also lets you store digital versions of your loyalty cards to use at retail, when needed.

Ebates.ca

It's one thing to save money while shopping smartly, but what if you could earn money back while shopping online? That's the premise behind the Ebates app as it pays members cash back every time you shop through participating online retailers and marketplaces — and there are many. Here's how it works: sign up for a free account, and then every time you shop at one of the supported stores you'll start earning cash that can be sent to you via cheque, deposited into a PayPal account, or donated to a charity of your choice. Each store offers a different cash back percentage.

ShopSavvy

If you're hoping to find a bargain while shopping at retail, ShopSavvy takes advantage of your smartphone's camera by letting you scan barcodes of products in front of you. Within a second or two, you'll see how much the same product costs online — or nearby at a nearby competing store — including the option to get directions to the stores that have the product cheaper (represented by coloured pushpins on a map). Needless to say, retailers don't like this app very much. You can also do a

search by keyword, such as "Xbox" or "Sonos," to find the best deals.

Save.ca

Owned by the same parent company as this publication, this Canadian app borrows elements from both Flipp and Ebates.ca: you can view flyers, price-match

between your favourite local retailers, and take advantage of cash-back offers and mail-to-home coupons. Save.ca also lets you create shopping lists to keep track of products you want, plus you can scan loyalty cards and present them at the register of retailers you frequent the most. The interface is clean and intuitive.

Kijiji

Don't forget about online classifieds apps, too, like Kijiji, rated No. 1 in Canada. While you need to wait for products to ship to your door with apps like Amazon.ca (or online marketplaces like ebay.ca), Kijiji lets you buy local and with cash — and avoid

shipping charges altogether. Contrary to popular belief, many all-new products are listed on Kijiji, not just previously owned ones. Of course, if you have something to sell, Kijiji is also a great place to offload old or unwanted items, and the app notifies you immediately if there's any activity on your account.

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Canadian opera group The Tenors will perform the anthem at the Grey Cup without controversial "All Lives Matter" ex-member Remigio Pereira



Stampeders care little about being favourites

GREY CUP

History taught Calgary that season record is meaningless

The Calgary Stampeders were a 12-6 team that lost to the host 9-9 Argonauts when the Grey Cup was last held in Toronto four years ago.

The message at McMahon Stadium on Monday morning was to turn a deaf ear to talk of being prohibitive favourites against the Ottawa Redblacks.

The Stampeders (15-2-1) and the Redblacks (8-9-1) clash in the 104th Grey Cup game Sunday at Toronto's BMO Field.

"You have all these people telling you you're great and you start buying into it and thinking that something is going to come easy," Stampeders quarterback Bo Levi Mitchell said.

"I was here in 2012 and we got our ass whupped by a 9-9 team. I'm not going to let that happen again."

The Stampeders retain a dozen players from the 2012 squad that fell 35-22 to the Argos.

Calgary also has 23 from the team that won the Grey Cup two years later with a 20-16 win over Hamilton in Vancouver.

So there's enough Stampeders seasoned in the hoopla of Grey



Bo Levi Mitchell celebrates Sunday night's win over the Lions. TODD KOROL/THE CANADIAN PRESS

Cup week to guide their less-experienced teammates through it when they arrive Tuesday in Toronto.

"It's a big week. It's bigger than you. It's bigger than football," said 10-year Stampeders running back Rob Cote.

"But then it all comes down to one game and what you do in those days leading up to it, preparing, working, getting

ready to go out and win one football game that kind of leaves a legacy."

Defensive back Josh Bell says Calgary will strike the right balance of seriousness and fun in the days leading up to Sunday.

"We have a good combination of, almost like a mullet: business in the front, party in the back," he said.

The Redblacks boast more

recent Grey Cup experience having lost 26-20 to the Edmonton Eskimos last year in Winnipeg.

Quarterback Henry Burris, a Stampeders for 10 seasons and a Grey Cup winner with Calgary in 2008, will be behind centre for Ottawa against his former team.

"Henry is one of my good friends," Stampeders defensive end Charleston Hughes said. "I intend on sacking him at least

HEAD TO HEAD

■ The tie in Calgary's and Ottawa's regular-season records came against each other with a 26-26 decision in Week 3.

■ The Stampeders beat the Redblacks 48-23 in Week 13.

once in this Grey Cup."

Burris, 41, was Calgary head coach Dave Dickenson's backup when they were Stampeders teammates from 1997 to 1999.

"That's crazy," said Dickenson, just two years older than Burris. "He's doing well and good for him. Definitely a weird year I'll bet for him. He's had some ups and downs. He's on an up right now."

"He's always been challenging to game plan against. Hopefully our guys can find some ways to slow him down."

The Stampeders fell a win short of tying the league record for most victories in a regular season, but their record plus a Grey Cup would count them among the top teams in CFL history.

"It's to leave a mark, to leave your name in a history book or something where someone might read about you one day," Mitchell said. THE CANADIAN PRESS

COURT

Hearing for Hicks murder set for May

A preliminary hearing has been scheduled for the man charged in the shooting death of a Canadian Football League player last September.

Nelson Tony Lugela was charged with second-degree murder in September after Mylan Hicks from the Calgary Stampeders died in a shooting outside a nightclub.

The 19-year-old appeared via video link in a brief appearance Monday, only saying "thank you" when the appearance ended.

The court scheduled a five-day preliminary hearing starting May 29.

Lugela will remain in custody unless he decides to seek bail.

"There's no decision made as to when or if there will be a judicial interim release application," his lawyer, Alain Hepner, told reporters outside court.

He said it could take a month or longer before he is able to go through the disclosure documents which he described as "voluminous." THE CANADIAN PRESS

“

It's a tragedy no matter what. It doesn't make any difference who the victim is in any case I do.

Lawyer Alain Hepner

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Sabres forward Marcus Foligno moves in on Flames goalie Brian Elliott on Monday night in Buffalo. JEFFREY T. BARNES/THE ASSOCIATED PRESS

Sabres take the heat

NHL

Flames fail to ignite as Okposo boosts ailing Buffalo

Kyle Okposo had a goal and an assist, helping the Buffalo Sabres bust an offensive slump with three power-play goals in a 4-2 win against the Calgary Flames on Monday night.

Johan Larsson, Matt Moulson and Marcus Foligno also scored for the Sabres, who reached three goals in a game for the first time in 11 chances, since a 3-1 win at Winnipeg on Oct. 30. Buffalo has

won consecutive games for just the second time this season.

Matthew Tkachuk had a goal and an assist and Mikael Backlund also scored for Calgary, which is coming off a 3-2 win at Detroit on Sunday night. Buffalo got two assists each from Sam Reinhart and Taylor Fedun, who now has four assists in three games since being called up from the AHL.

Robin Lehner had 29 saves for the Sabres, and Brian Elliott turned away 28 shots for Calgary.

Backlund opened the scor-

ing in the first period, but the Sabres answered with three goals in a span of 101 seconds in the second to take a 3-1 lead. Penalties to Dougie Hamilton and Troy Brouwer at

10:02 gave the Sabres a 5-on-3 advantage, which they converted into a pair of goals. First, Okposo took a pass from Reinhart and fired a wrist shot into the back of the net.

On the Sabres' next shot, Larsson redirected Evander Kane's wrist shot between Elliott's legs.

Buffalo wasn't finished. Brouwer took another penalty

with 7:04 remaining in the second, and Moulson cashed in with his sixth power-play goal of the season, giving him a share of the league lead in power-play goals.

After Tkachuk scored 22 seconds into the third to cut the Sabres' lead, Buffalo answered two minutes later when Foligno slid an odd-angle backhand shot behind Elliott's left pad.

Elliott has now allowed 22 goals and is 0-6 in his last six starts for the Flames. Calgary's six penalties were its most in a game since it had eight penalties in a 4-2 loss to Carolina on Oct. 20. The Sabres' three power-play goals were a season best.

THE ASSOCIATED PRESS

MONDAY in Buffalo

4	2
SABRES	FLAMES

PGA

Canuck earns first tour win in playoff

Mackenzie Hughes figured he was down to his last chance to stay alive in a four-man playoff Monday morning in the RSM Classic.

The Canadian rookie with pluck and a pure putting stroke poured in an 18-foot par putt from off the 17th green at Sea Island, and that last chance turned into his first PGA Tour victory when the other three players all missed from 10 feet or closer.

"I made the putt of my life right there," Hughes said.

Hughes, from Dundas, Ont., calmed his nerves and came up clutch, becoming the first PGA Tour rookie in 20 years to go wire-to-wire for his first victory.

Hughes had a chance to end it Sunday night until his 10-foot birdie putt in the dark on the 18th hole turned away. The next morning, he was the only player who was never on the green at the par-3 17th until his ball was in the cup.

Blayne Barber, Henrik Nor-



Mackenzie Hughes reacts to winning his first PGA Tour tournament on Monday.

STREETEER LECKA/GETTY IMAGES

lander and Camilo Villegas narrowly missed their par putts to extend the playoff.

Hughes was watching from off the green, and the prospect of winning became more real with each putt that missed — first Barber, then Norlander. And when Villegas missed his seven footer, Hughes dropped his putter, turned his back on the green and knocked off his cap as he rubbed his head in disbelief.

THE ASSOCIATED PRESS

IN BRIEF

Warriors make it 8 straight

Klay Thompson scored 25 points in 26 minutes and two-time MVP Stephen Curry added 22 points as the Golden State Warriors routed the Indiana Pacers 120-83 on Monday night.

The Warriors (12-2) have won eight straight games.

THE ASSOCIATED PRESS

USA fires coach Klinsmann

Jurgen Klinsmann was fired as coach of the U.S. soccer team Monday, six days after a 4-0 loss at Costa Rica dropped the Americans to 0-2 in the final round of World Cup qualifying.

LA Galaxy coach Bruce Arena is the favourite to succeed Klinsmann.

THE ASSOCIATED PRESS

Cardinals coach in hospital

Arizona Cardinals head coach Bruce Arians was in the hospital Monday after feeling ill, the team said.

The Cardinals issued a statement saying Arians, 64, was not feeling well Sunday after returning from Arizona's game in Minnesota.

THE ASSOCIATED PRESS

Doping trouble for medalist

Yulia Zaripova, the Russian gold medalist in the women's 3,000-meter steeplechase at the 2012 London Olympics, was among 12 more athletes sanctioned Monday for doping.

Zaripova was among seven medalists disqualified retroactively from the London Games.

THE ASSOCIATED PRESS

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8	7	1	5	2	9	4	6	3
5	3	4	1	6	7	8	2	9
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4	8	9	2	7	3	1	5	6

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RECIPE Pasta e Fagioli



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This veggie-packed stoup (part soup, part stew: it's a thing!) is the perfect, healthy winter warmer.

Ready in: 35 minutes

Ingredients

- 1 Tbsp olive oil
- 1 onion diced
- 3 cloves of garlic minced
- 1 or 3 stalks of celery chopped
- 3 medium carrots sliced thinly
- 1 yellow or green zucchini, halved and then sliced
- 6 or so mushrooms cleaned and sliced
- 1 14 oz. can of cannellini beans
- 2 cups vegetable or chicken stock
- 1 x 28 oz. can of drained plum tomatoes
- 1 cup whole wheat tubetti pasta
- thyme and rosemary
- 1/2 cup grated parmesan

Directions

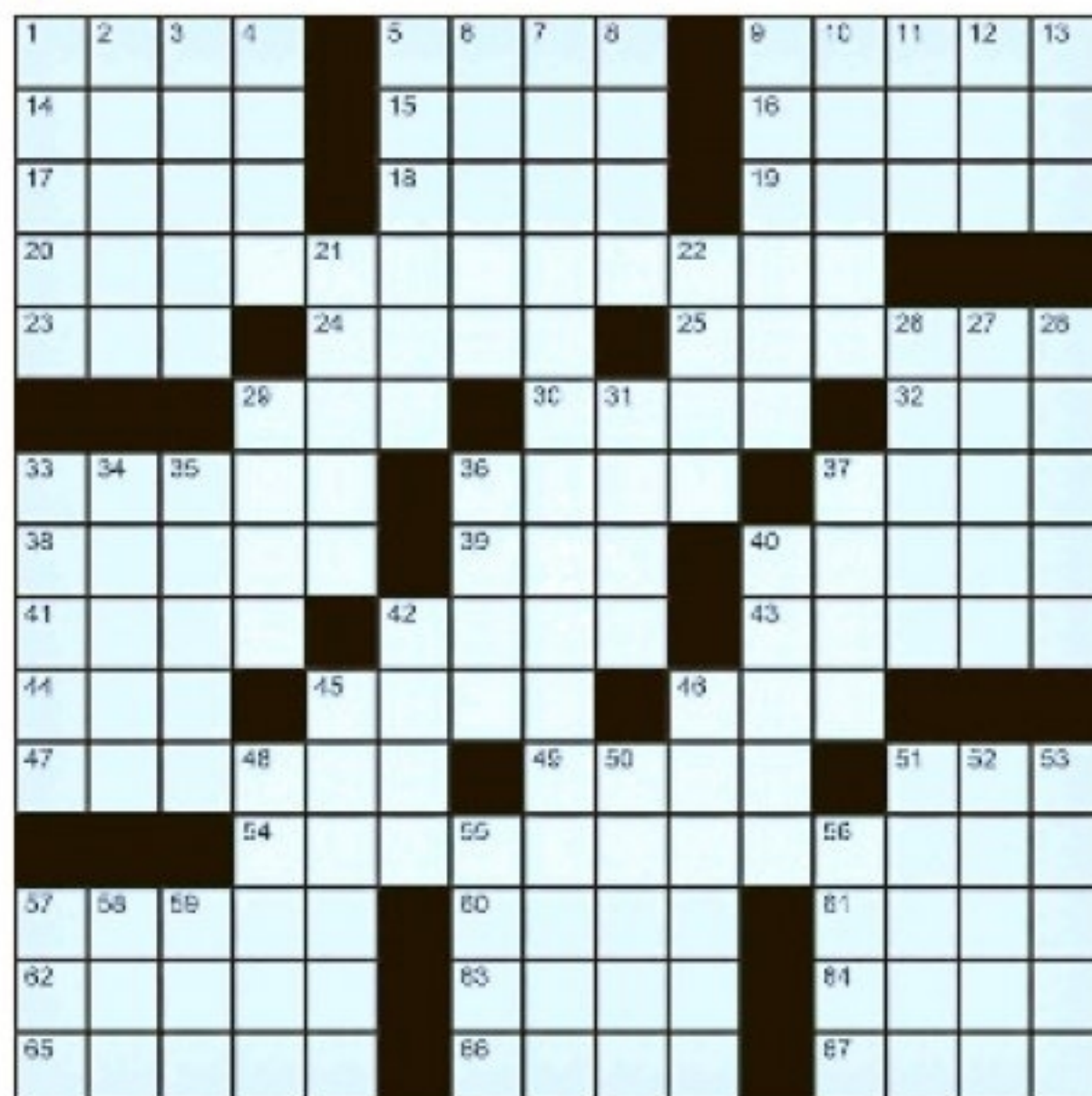
1. Sauté onion, garlic and celery in olive oil until they soften, about 3 minutes. Add carrots and cook 2 minutes before adding the zucchini and mushrooms. Let vegetables soften just a bit before adding the stock.
2. Drain the can of cannellini beans and scoop out about a third of a cup and roughly mash it. Put the mashed and unmashed beans into the pot and stir. Cover and simmer for 5 minutes.
3. Drain the tomatoes and add them, breaking them up with your spoon. Simmer for 5 minutes.
4. Add the cup of tubetti, a good pinch of thyme and rosemary and cook for 10 minutes. Add some salt and pepper to taste.

Serves 6

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Hollywood headliner
5. _ fide (Authentic)
9. Tightfisted
14. _ down the runway
15. "All By Myself" by _ Carmen
16. Kitchen appliance
17. "Step _ _" (Pick up the pace!)
18. Musicals lyricist Tim
19. Boring tool
20. Woodstock, New Brunswick born lead singer of April Wine; 2 wds.
23. _ de deux
24. _ _ Ration dog food
25. _ _ balloon
29. Break a Commandment
30. Balanced
32. Open with might
33. Clean, clean, clean...
36. Hearty meal
37. Top- _ washer
38. Country singer Mr. Black
39. Driver's 4x4, commonly
40. Maison's entrance
41. Military level
42. Guitar bar
43. Autumn flower
44. Noah's creation
45. Sense
46. Lots of mins.
47. Spice mixture of India
49. Assist in wrong-doing

51. Gent's title
54. _ _ National Historic Site of Canada (Hudson's Bay Company installation built in 1833 in the Northwest Territories)
57. Tony _ (Former British PM)
60. Land-on-water

61. Helix
62. Baseball legend Yogi of famous quotes
63. Nickel, for one
64. Angela's mother on "Who's the Boss?"
65. Desert transport
66. Deep _ bends (Gym moves)
67. Jumpy

DOWN

1. Take big bold steps
2. Ms. Roberts of "Charlie's Angels"
3. Botanical leaf-to-stem angles
4. Ancient temple ceremony, for one
5. Candice of 1988 to

- 1998 comedy "Murphy Brown"
6. The Hunter constellation
7. Songstress of late-'70s chart-topper "Lotta Love" (Trivia! It was written by Neil Young); 2 wds.
8. Perfected

9. Colouring book colourer
10. Regularly frequented hangout
11. The Queen's lang.
12. 'Foot' finisher
13. 'P' in MPH
21. Avoid, as an issue
22. "Is it ever hot!"
26. Towards the ship's left side
27. Totally ticked
28. _ Cup (Golf trophy)
29. "You _ My Battleship!"
31. Depilatory brand
33. "Buzz off!"
34. Santa _ , California
35. Sounds from the sties
36. Certain
37. Business write-off
40. _ Quebecois (Political group in Quebec)
42. " _ Factor"
45. Blooming
46. Roch Voisine title song lady
48. Burning
50. Negate
51. Hair accessory
52. Cupcake topping
53. Convey
55. Foe in Fido's fur
56. Highest point
57. UK network
58. Ms. Michele
59. Strong- _

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You will enjoy travelling today. You also will enjoy studying something new. Discussions about politics, religion and racial issues will be positive. (How refreshing.)

Taurus April 21 - May 21
This is an excellent day to decide how to divide an inheritance or deal with shared property, taxes, debt and insurance issues. All parties will be upbeat and positive.

Gemini May 22 - June 21
Relations with partners and close friends will be positive and fun-loving today. People are willing to look for solutions instead of focusing on problems.

Cancer June 22 - July 23
Work-related travel is likely today. This also is an excellent day to propose an idea to co-workers, because they likely will endorse you.

Leo July 24 - Aug. 23
Enjoy playful activities with children today. This also is a great day for a vacation or social occasions. Even teaching children will be a positive experience.

Virgo Aug. 24 - Sept. 23
You feel encouraged about home improvements. In fact, family discussions will be particularly positive today. It's a good time to implement your ideas.

Libra Sept. 24 - Oct. 23
Whatever you do today, you will be ambitious and expansive with your plans and ideas. You're not afraid to think big, because you feel confident!

Scorpio Oct. 24 - Nov. 22
This is an excellent day for business and commerce. Whatever you initiate likely will create a profit for you today and in the future.

Sagittarius Nov. 23 - Dec. 21
You are eager to talk to others today because you have big ideas and you want to share them with someone. The force of your enthusiasm will make others agree with you, because nothing succeeds like success.

Capricorn Dec. 22 - Jan. 20
Behind-the-scenes research will go well today, because you are confident that you will find what you're looking for.

Aquarius Jan. 21 - Feb. 19
Conversations with young people will be upbeat today. If you talk to a group, people will quickly fall in line with your suggestions because you are confident and positive.

Pisces Feb. 20 - March 20
This is an excellent day to talk to bosses, parents and VIPs. Make your pitch and push your agenda, because people are in such a positive frame of mind today, they probably will say "yes."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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8	1						4	2
			9		1			
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	8	6				7	1	



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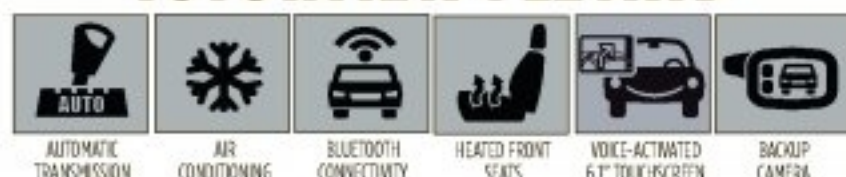
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